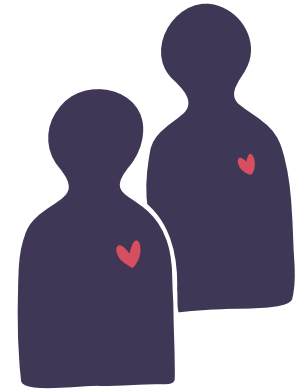


LIGHTING THE SPARK IN YOUR RELATIONSHIP

Sometimes in relationships, you may hit a patch where it may seem that the bright flame of love has dimmed, leaving you wondering if it's gone for good. But love isn't a fleeting spark that disappears into the night. Just as adding a fresh log revives a fire, small gestures, and shared memories can rekindle the passion between two people.

So, if you're feeling like the love in your relationship has faded, remember that it's still there, waiting for you to stoke the flames and let it shine brighter than ever.



This worksheet aims to help you and your partner revisit the past and take its best parts to your present and future with a simple activity. To reignite the spark in your relationship, take a trip down memory lane with your partner and revisit some of your favourite moments.

Let's begin!

Revisit Your Favourite Moments From a Lens of Love

Step 1- Choose Your Favourites: Select three **photos** from your shared past as a couple. These should be snapshots that hold special meaning or evoke strong emotions.

Step 2- Reflect on certain aspects of the picture like:

- Why do you love this particular picture?
- What was the story behind it?
- How did it make you feel at that moment?
- Is there any memory related to that picture that makes you laugh or gives you butterflies? Maybe something wholesome happened before you took that picture or after?



Dive deep into each other's memories. Listen attentively, laugh, and perhaps even shed a tear. This is your chance to reconnect through the moments that have shaped your journey together.

Now that you have set the tone for moving towards reigniting the spark in your relationship, let's carry your memories, emotions, and feelings to the next step, where we:

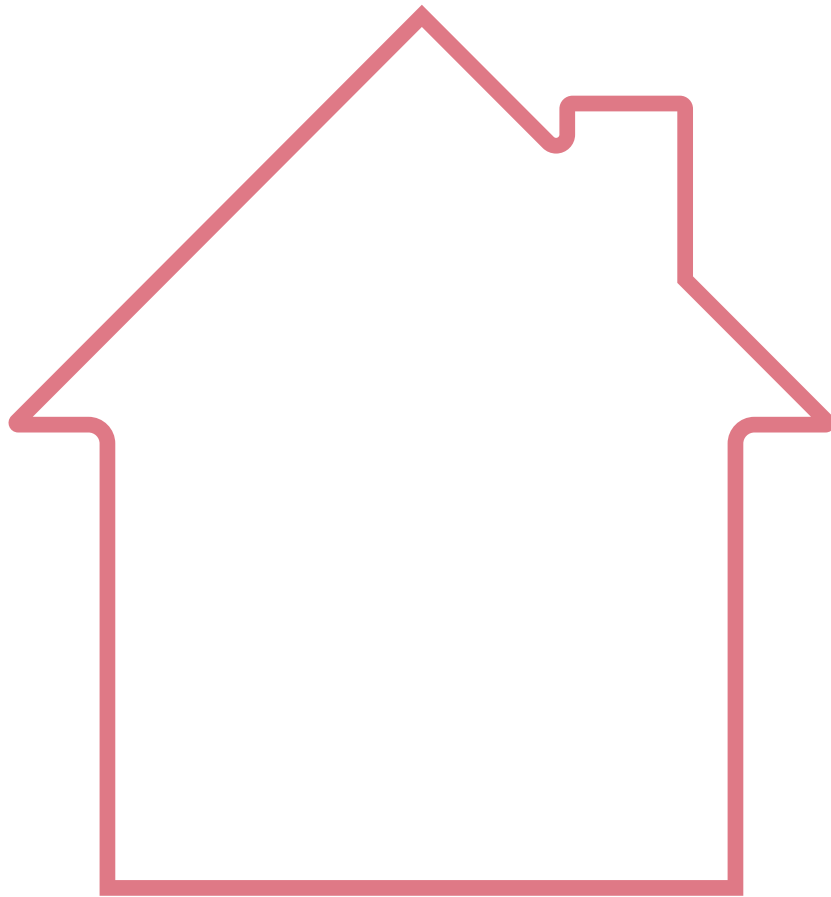
Create your house of love!



Step 3 - Imagine a house where love thrives, and every corner is filled with warmth and understanding. Let's outline the blueprint of our ideal - **House of Love**. Take a look at the questions below and answer them in any way you feel comfortable in the outline of the house below - you could write, draw or even simply add colour!

- What cherished memories from the early days of your relationship would you like to revive? It could be a particular activity, habit or feeling that made you feel the most connected in the beginning.
- Are there ways to infuse everyday moments with meaning? For example, having any one meal of the day together without distractions.
- What adventures or experiences do you want to add to your wall of new memories?
- What values and commitments do you want to protect and nurture your relationship? For example trust, communication, respect, and any other pillars that uphold your relationship
- How can you ensure that your house of love remains open and inviting? Is there anything you can do to create a safe space for vulnerability and honesty in your interactions? For example, hearing each other with the intention to listen rather than advise or blame.
- What small gestures or rituals can you incorporate to express love and appreciation?
- How can you prioritise quality time together and create any rituals or activities for relaxation and rejuvenation?





If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

